HIV/AIDS and Physical Therapy: What to Expect
Oncology Section, American Physical Therapy Association – www.oncologypt.org

Who are physical therapists and what do they do?
Physical therapists are licensed professionals who work with patients and clients in order to:
- Identify causes of difficulty with movement
- Promote improved physical ability and function, wellness and fitness as it relates to movement and health
- Prevent the onset or progression of impairments and disabilities resulting from disease, injuries, or other conditions. This includes prevention and management of pain associated with HIV disease
- Promote functional and holistic well-being to the person living with HIV/AIDS throughout their lifespan

The American Physical Therapy Association’s MoveForward.com website has more consumer information about HIV disease in the
Physical Therapist’s Guide to HIV Disease (click here)
On this webpage, you will find answers to the questions listed below:

What is HIV Disease and AIDS?
Signs and Symptoms of HIV Disease
How Can a Physical Therapist help?
Real Life Experiences
What Kind of Physical Therapist Do I Need?

What to expect when you see a PT
- Individual assessment
- Therapist working individually with you to develop a treatment plan that works in your life
- Follow-up to modify and adjust the plan and to monitor response
- Coordination and communication with your physician and other health care providers

Contacting a PT
The American Physical Therapy Association has an online database of members called “Find a PT” that you can use to locate a Physical Therapist in your area. Go to www.apta.org and click on the link for “Find a PT.” Call the PTs in your area to see if they have experience treating individuals with HIV disease.